

# FRIENDS

are needed by the

Needham Board of Health

to help. . .

**recruit volunteers** for the Traveling Meals Program and other outreach efforts.

**raise and obtain funds** for various Board of Health programs and activities which are not fully funded or supported by federal, state, or local governments or agencies

**educate the community** about Board of Health's services and activities.

Help the Board of Health  
and your  
Needham neighbors.  
Take the extra step that enables  
individuals  
to remain in their homes longer.

## Your Support is Needed

**FRIENDS of the Needham Board of Health and Traveling Meals Program** are looking for your financial support. There are Needham residents who need financial assistance to help with food and/or utilities. For example, meals provided for a week by the Traveling Meals Program cost \$21.25 per individual. Fuel assistance for an individual/family is \$75.00 per year.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Please make checks payable to: **FRIENDS of B.O.H. & T.M. Program**. This donation is tax deductible. *Thank you!*

- |   |          |
|---|----------|
| <input type="checkbox"/> <b>FRIENDS Annual Donation</b>     | \$ 10.00 |
| <input type="checkbox"/> <b>Meals for 1 week</b>            | \$ 21.25 |
| <input type="checkbox"/> <b>Family with fuel assistance</b> | \$ 75.00 |
| <input type="checkbox"/> <b>In memory of a loved one*</b>   | \$ _____ |
| <input type="checkbox"/> <b>Other</b>                       | \$ _____ |

**Total Donation \$** \_\_\_\_\_

\*

\_\_\_\_\_  
*Name of individual honored or remembered    Address, if acknowledgement is desired*

## Volunteer Opportunities

We are always in need of volunteers, especially for the Traveling Meals Program. The only way the program can provide meals at an affordable price is through the volunteer efforts of Needham residents and businesses.

Please consider one of these volunteer opportunities.

- |   |  |
|---|--|
| <input type="checkbox"/> <b>Packing and Driving</b>   | <input type="checkbox"/> <b>Public Relations</b> |
| <input type="checkbox"/> <b>Membership/Recruiting</b> | <input type="checkbox"/> <b>Fundraising</b>      |
| <input type="checkbox"/> <b>Volunteer Nurse</b>       | <input type="checkbox"/> <b>Newsletter</b>       |

Please mail this form to:

**FRIENDS of the Needham Board of Health and Traveling Meals Program, Inc.,**  
P.O. Box 920785, Needham, MA 02492.

***Needham's  
Traveling Meals  
Program  
delivers over 11,000  
meals a year.***

Nutritionally balanced meals are delivered to Needham residents who are unable to prepare their own.

Volunteer packers assemble meals from 9:30 – 11:00 AM at which time drivers report for deliveries.

Volunteer drivers deliver a two-meal package (one hot and one cold) Monday through Friday.

Special diets are available.

A nominal fee is charged for each two-meal package.

Medical referral to the program is not required. Any eligible, homebound person, regardless of age or income, can participate in the program.

The Traveling Meals program is overseen by the Board of Health Traveling Meals Coordinator.

**Other  
Board of Health  
Programs**

The range of human service programs overseen by the Public Health Nurses includes:

- Nursing help for Keep Well Clinics (blood pressure, weight, and medication consultation).
- Funding for fuel, power, and food emergencies.
- Application processing for the Mass. Fuel Assistance Program.
- Food stamps for the elderly and disabled.
- Salvation Army/Good Neighbor Program

**FRIENDS  
of the  
Needham Board of Health  
and  
Traveling Meals Program, Inc.  
P.O. Box 920785  
Needham, MA 02492  
For information, call 781-455-7523**

or FAX, 781-455-0892

**FRIENDS  
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Needham  
Board of Health  
and  
Traveling Meals  
Program, Inc.**

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